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ROLLED OATS (Quick Cooking)

a good choice for the thrifty family

Reserve
A280,39
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An ENERGY food—

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ROLLED OATS can be used—

CURRENT SERIAL RECORDS

IN MAIN DISHES



AS HOT CEREAL



MEAT LOAF



MEAT BALLS



IN PANCAKES



IN BREADS, PIES, COOKIES AND CAKES!

Cooked Rolled Oats (Oatmeal)

1 teaspoon salt
4 cups water

2 cups rolled oats

Add salt to water and heat to boiling. Slowly stir in rolled oats. Lower to medium heat. Cook uncovered for one minute, stirring once in a while. Remove from heat. Cover pan and let stand a few minutes before serving. Makes 6 servings, $\frac{2}{3}$ cup each.

Oatmeal Pancakes

1½ cups milk
1 cup rolled oats
 $\frac{1}{4}$ cup fat or oil
2 eggs

1 cup flour
2 tablespoons sugar
1 tablespoon baking powder
1 teaspoon salt

Pour milk over rolled oats and let stand 5 minutes. Heat fat or oil in fry pan. Remove pan from heat. Beat eggs. Mix flour, sugar, baking powder and salt. Add fat or oil and eggs to rolled oats mixture. Stir flour mixture into rolled oats mixture until just mixed. Reheat fry pan. Pour spoonfuls of batter onto the reheated fry pan. Cook pancakes, without turning, until top is covered with bubbles. Turn pancakes and brown the other side. Serve at once. Makes about 24 pancakes.

Rolled Oats Coffeecake

$\frac{3}{4}$ cup milk
 $\frac{3}{4}$ cup rolled oats
 $\frac{1}{2}$ cup fat (shortening, margarine
or butter)
1 cup sugar
2 eggs

1 cup flour
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon nutmeg
1 teaspoon vanilla, if you like

Pour milk over rolled oats and let stand 15 minutes. Soften fat. In a large bowl mix fat and sugar until smooth. Add eggs and beat well. Mix flour, baking powder, salt and nutmeg. Add half of flour mixture to egg mixture. Stir in half of rolled oats mixture. Add rest of flour mixture. Add vanilla, if used. Mix well. Stir in rest of rolled oats mixture. Fill greased baking pan half full. Bake at 375°F (moderate oven) 20 to 25 minutes or until golden brown.

Quick Oatmeal-Raisin Bread

1½ cups flour
 $\frac{3}{4}$ cup brown sugar, packed
1 tablespoon baking powder
1 teaspoon salt
 $\frac{1}{2}$ teaspoon nutmeg

1 cup raisins
1½ cups rolled oats
1½ cups milk
1 egg
 $\frac{1}{4}$ cup melted fat or oil

Mix flour, brown sugar, baking powder, salt and nutmeg in a large bowl. Add rest of ingredients and stir just enough to mix. Pour batter into three greased, well-cleaned, empty cans (about 2 cups each) or one loaf pan. Bake at 350°F (moderate oven) about 50 minutes or until loaf shrinks from sides of pan. Remove from cans or loaf pan at once. Cool.

Oatmeal-Raisin Muffins

1 egg	1 teaspoon salt
1 cup milk	$\frac{1}{3}$ cup sugar
$\frac{1}{3}$ cup melted fat or oil	1 cup rolled oats
$1\frac{1}{4}$ cups flour	$\frac{1}{2}$ cup raisins
1 tablespoon baking powder	

Beat egg. Add milk and fat or oil. Put rest of ingredients in a large bowl and mix well. Add egg mixture all at once to flour mixture. Stir with a fork until just moistened. (Batter will be lumpy.) Fill greased muffin tins half full. Bake at 400°F (hot oven) 20 to 25 minutes or until muffins are golden brown. Makes 12 muffins.

Scotch Chowder

1 large onion	$\frac{1}{2}$ cup rolled oats
4 cups chicken broth (or 4 chicken bouillon cubes plus 4 cups water)	1 cup milk
	Salt and pepper to taste

Chop onion. Put onion, chicken broth (or bouillon cubes and water) and rolled oats in a pan. Cover and cook slowly for $\frac{1}{2}$ hour. Remove from heat and add milk. Heat, but do not boil. Add salt and pepper. Serve hot. Makes 6 servings, $\frac{3}{4}$ cup each.

Meat Loaf

$\frac{1}{2}$ medium-size onion	1 teaspoon salt
1 pound ground beef	$\frac{3}{4}$ cup rolled oats
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ cup cut-up cheese
1 egg	

Chop onion. Mix all ingredients well. Shape into a loaf in a baking pan. Bake at 350°F (moderate oven) 1 hour.

Meatballs

$\frac{1}{2}$ medium-size onion	$\frac{1}{2}$ teaspoon salt
1 pound ground beef	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ cup rolled oats	1 egg

Chop onion. Mix all ingredients well. Shape into 12 meatballs. Put in heated fry pan and cook until browned on all sides. Makes 6 servings, 2 meatballs each.

NOTE: If you like, serve with *Tangy Tomato Sauce*:

1 cup tomato sauce	2 tablespoons mustard
$\frac{1}{4}$ cup brown sugar, packed	

Put all ingredients in a pan and cook slowly for 10 minutes. Pour over meatballs. Makes about 1 cup sauce.

Tuna Casserole

2 cans tuna fish (6 to 7 ounces each)	$\frac{3}{4}$ cup milk
1 stalk celery	1 tablespoon lemon juice
2 eggs	$\frac{1}{2}$ teaspoon salt
1 cup rolled oats	Dash pepper

Drain tuna fish. Separate tuna fish into small pieces in a bowl. Chop celery finely. Beat eggs. Add rest of ingredients to tuna fish and mix well. Put in small baking pan. Bake at 350°F (moderate oven) about 50 minutes, until lightly browned on top. Makes 6 servings, $\frac{1}{2}$ cup each.

NOTE: If you like, top with *Onion Sauce*:

$\frac{1}{2}$ small onion	2 tablespoons flour
2 tablespoons fat (margarine or butter)	1 cup milk
	Salt and pepper to taste

Chop onion finely and cook in fat until onion is tender. Slowly stir in flour. Stir in milk. Cook over medium heat, stirring all the time, until sauce starts to boil. Lower heat and cook until sauce thickens, about 3 minutes. Add salt and pepper. Pour a little sauce over each serving of tuna casserole. Makes 1 cup sauce.

Baked Oatmeal Pie Crust

$\frac{1}{2}$ cup flour	$\frac{1}{3}$ cup fat
3 tablespoons sugar	$\frac{1}{2}$ cup rolled oats
$\frac{1}{2}$ teaspoon salt	About 3 tablespoons cold water

Mix flour, sugar and salt in a bowl. Mix in fat with a fork until mixture is like cornmeal or grits. Stir in rolled oats. Sprinkle water over mixture and stir with a fork until dough sticks together but is not wet. Shape into a ball. Spread a little flour on a flat surface and on a rolling pin. Roll out dough. Fit rolled dough into 8-inch pie pan. Prick bottom and sides of dough with a fork to keep crust flat. Bake at 425°F (hot oven) 10 to 12 minutes or until light tan. Cool. Use for any pie that calls for a *baked* pie crust.

Caramel-Raisin Pie Filling

3 eggs	2 tablespoons fat (margarine or butter)
$\frac{1}{2}$ cup white sugar	1 teaspoon vanilla
1 cup brown sugar, packed	$\frac{1}{2}$ cup raisins
$\frac{3}{4}$ cup rolled oats	8-inch <i>unbaked</i> pie crust

Beat eggs well in a large bowl. Add white sugar, brown sugar, rolled oats, fat and vanilla. Mix well. Stir in raisins. Pour into *unbaked* pie crust and bake at 375°F (moderate oven) 30 minutes or until firm.